SUPER PHYSIQUE

BODY-BUILDING BAR-BELL COURSE

SIEGMUND KLEIN

Welter-Weight Weight-Lifting Champion of America

Published by - : THE MITRE PRESS
Mitre Chambers, Mitre Street, London, E.C.3.

Fifth English Edition

3/6 NETT

SUPER PHYSIQUE

Body-building Bar-bell Course

By SIEGMUND KLEIN

This little volume is dedicated to
George F. Jowett
President, A.C.W.L. Association

FOREWORD

IN preparing this course of bar-bell instruction, I have taken into very careful consideration the numerous books and articles that have been written on bar-bells and their uses. No doubt they have produced some remarkable and enviable results, but due to the fact that I have received scores of letters from all over the civilized world inquiring how my development has been attained, I am prompted to publish these exercises.

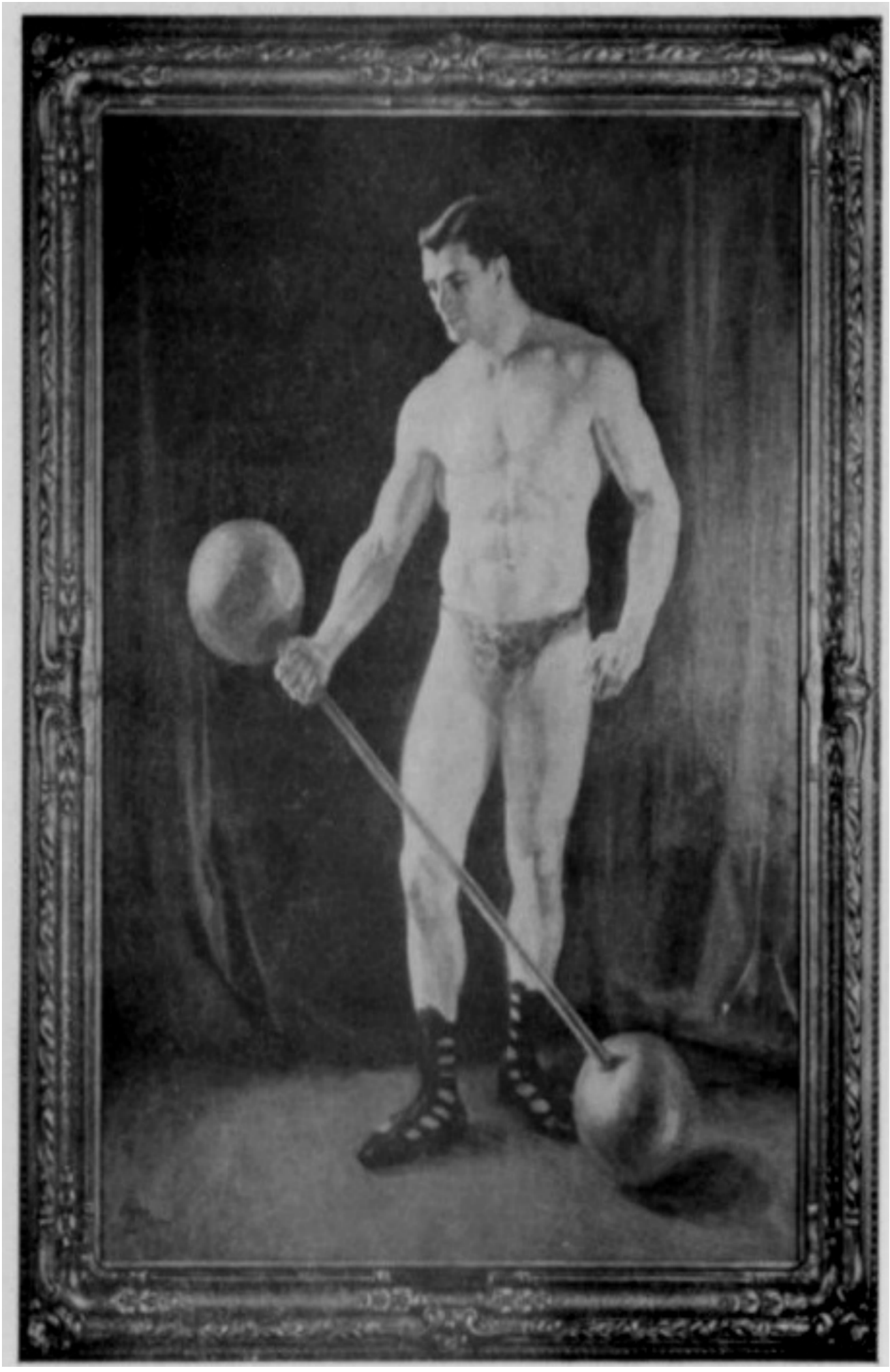
Almost any individual who will devote at least one year in training diligently can obtain a "Super Physique." It would please me to hear from the student who has been following this course faithfully for some time, stating how he is progressing.

If my course will give the student satisfactory results and a fresh enthusiasm and inspiration to continue this wonderful hobby of progressive bar-bell exercises, I will feel that I have accomplished something really worth while.

Wishing you success and a "Super Physique."

SIEGMUND KLEIN

FIFTH ENGLISH EDITION.



Introductory

THIS booklet was formerly published in the United States by Mr. Siegmund Klein, under the title of "SUPER PHYSIQUE," at the price of one dollar. Many thousands of copies were sold at this price, and we venture to hope that the same measure of success will be achieved by this edition at the English price of **3s. 6d.** The slight alteration of title is in accordance with the wishes of Mr. Klein, who claims its originality for use in connection with another publication. Otherwise the contents are, word for word, exactly as the American edition.

The author is one of the most popular figures in the Physical Culture world of the United States. He holds the title of Welter-Weight Weight-Lifting Champion of America, and is noted for his beautiful physique. His statuesque poses have been published in most of the European journals devoted to Physical Culture, and he is the winner of over one hundred competitions for muscular beauty.

He is the living embodiment of the truth of the statement we have consistently made for the past twenty years, that "progressive weight-lifting exercise is the only way to great strength and a superb muscular development."

CHAS. T. TREVOR.

All illustrations specially posed by the author, acclaimed by leading authorities "the most perfectly symmetrical figure of any athlete in America."

EXERCISE 1.

One Arm Curl.

(For development of Biceps and Fore-Arms)

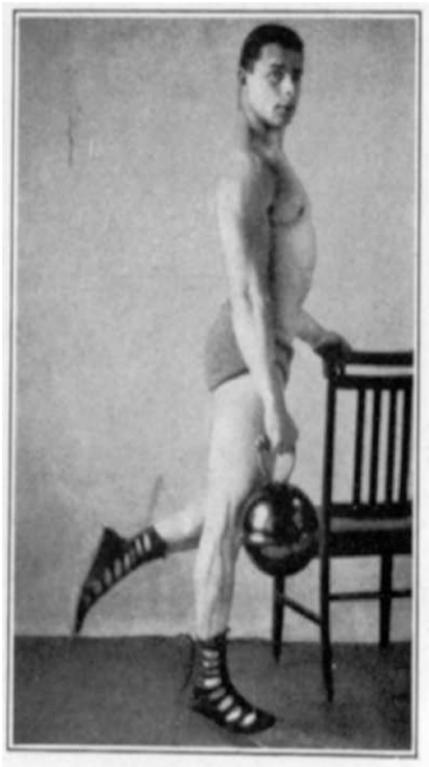
Grasp dumb-bell firmly and raise slowly to the chest, keeping the elbow tight to the side. Inhale as bell rises, exhale while lowering. Straighten arm so that triceps is tensed. Remember to keep the body erect during movement and above all do not allow the body to sway.

EXERCISE 2.

(For developing muscles of the calf)

Grasp kettle-bell with right hand and hold it at the side. Place ball of right foot on block of wood. Rise slowly on the toes, keeping the left foot clear of the floor. Stay on toes for count of five, lower slowly, rising again just as heel touches the floor. Keep your balance by leaning lightly with left hand on chair. Change bell to left hand and repeat with left foot.

Breathe in rising, exhale lowering.



EXERCISE 3.
Two Arm Pullover

(For enlargement of Rib Box, deltoids, pectorals and upper back muscles)

Lie flat on back with barbell at arm's length behind the head. Keeping arms and wrists straight, pull bell over in circular movement to position in Figure 1. Lower bell to thighs keeping arms straight, inhaling deeply as bell descends, exhale while raising to position 1 again. Then inhale while lowering bell back to the floor and repeat. Always rest a second when arms come up to position 1. Never allow bell to rest on floor or thighs. Remember that each breath is exactly the same length as each movement.

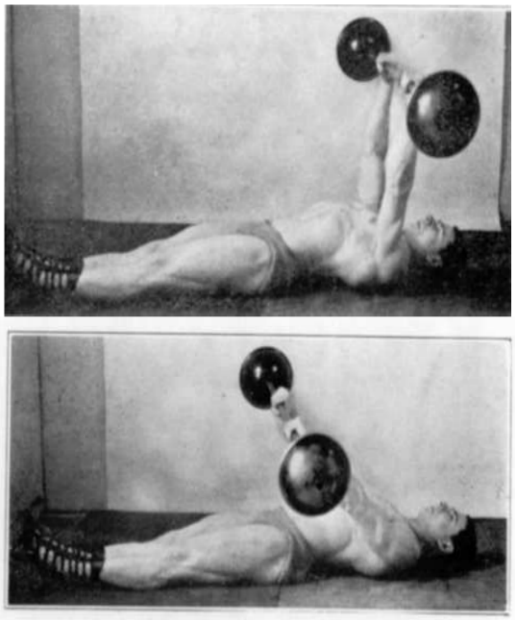


FIG. 2—Bell descending to thighs.

EXERCISE 4.

(To develop a powerful neck)

This is an apparatus that I would advise you to have made. It will be worth your while.

After the harness is securely fastened around the head and attached to the weight, assume position Figure 1, keeping a flat back, hands on the knees and legs slightly bent at the knees. This position should be kept throughout the exercise. Raise the weight by carrying the head as far back as possible, Figure 2. Lower slowly until weight almost touches the floor and repeat. Remember all the action should be from the neck only. Otherwise you will not get the full benefit of this exercise.

Inhale raising weight—exhale lowering.

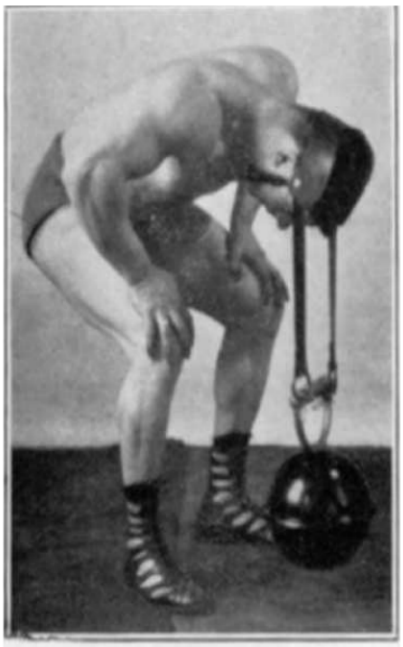


Fig. 1.

“As the twig is bent the tree is inclined.”

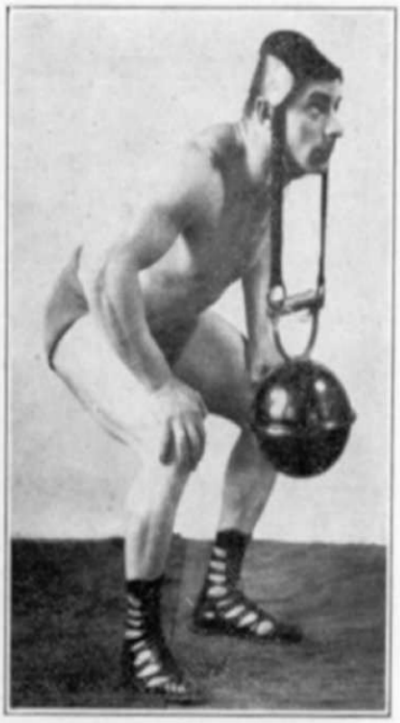


Fig 2.

EXERCISE 5.

(General developing exercise)

Grasp bar by the over-grip, hands about shoulder width apart, keep legs straight at the knees and heels about six inches apart as shown in Figure 1. Pull bell, in one movement, directly overhead as shown in Figure 2. Lower bell to the floor and repeat. Do not stop bell at the chest on going up or coming down, and keep the bar as close to the body as possible throughout the exercise.

Inhale going up, exhale coming down.

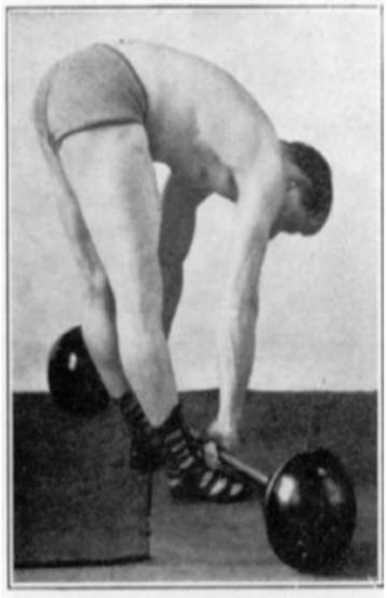


FIG. 1.

”A sound mind in a healthy body.”

FIG. 2.

EXERCISE 6.

(To develop the sides of the waist)

Hold dumb-bell overhead as shown in Figure 1. Spread the feet about 15 inches apart keeping both legs straight at the knees, and your gaze on the bell overhead throughout the exercise. Lower body so that the left hand touches the right foot, Figure 2. Come to erect position and repeat. When holding the dumb-bell in the left hand you lower the body so that the right hand touches the left foot.

Breathe in when raising body, exhale lowering.

FIG. 1.

" O, well for him whose will is strong."

FIG. 2.

EXERCISE 7.

(For the Triceps)

Grasp bar-bell behind with the overgrip, keeping body erect and arms perfectly straight at the elbows. Slowly push the weight away as far as possible. Return slowly and repeat.

Breathe in while pushing weight away, exhale while lowering.

"Learning in a broken body is like a sword without a handle."

EXERCISE 8.

(Deep Knee Bend—One Leg)

Place block of wood under heel as shown in illustration and hold bar-bell close to the chest. Squat as low as possible, keeping the left foot clear of the floor without bending the leg at the knee. Rise to erect position and repeat. After finishing with the right leg repeat with the left.

Inhale going down, exhale coming up.

EXERCISE 9.

Deep Knee Bend (Steinborn Method)

(*For development of Leg Muscles*)

Grasp end of bar-bell with palms facing one another as shown in Figure 1. Up-end it on block of wood to the perpendicular. Position of hands must now be changed. The left hand grasps upper end of bar with thumb down, and back of hand as close to sphere or plates as possible; right hand at lower end of bar with thumb up, as shown in Figure 2. Stand flat-footed with feet about twelve inches apart, lower legs in line with bar, Figure 3. Squat as low as possible, rocking bell on to shoulders as shown in Figure 4. Rise to erect position, keeping the feet parallel. Again squat as low as possible, rise to erect position and repeat. To remove bell from shoulders, squat, and slowly rock bell on to block as shown in Figure 3. Rise up until bell is again perpendicular and lower to floor. This is the correct method of doing the "Deep-Knee-Bend" unassisted, with a very heavy weight.

FIG. 1.

“Time and money spent in training the body pays a larger dividend than any investment.”

FIG. 3.

Henry Steinborn, world famous lifter, introduced this style to the American athletes, doing 530 lbs. I have witnessed him doing 480 lbs. four times in succession. I have done 300 lbs. officially five times in succession.

FIG. 4.

EXERCISE 10.

(To deepen chest)

Grasp bar-bell with over grip and lie back on stool or bench as shown in Figure 1. Press bell up as high as possible (Figure 2). Lower slowly to chest and repeat.

Breathe in as bell goes up, exhale when bell descends.

FIG. 1.

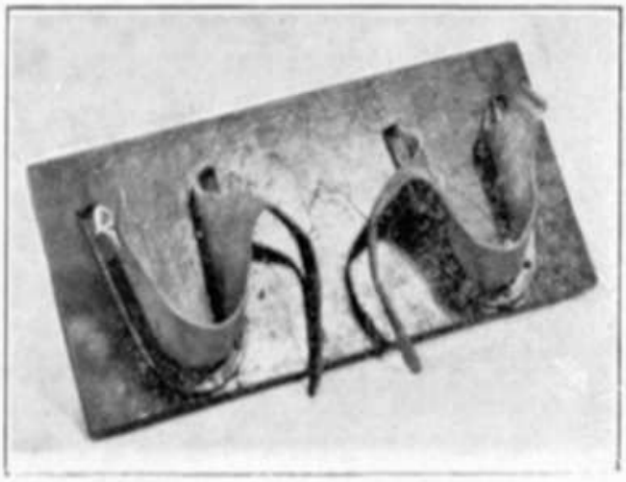
FIG. 2.

EXERCISE 11.

This exercise is my own innovation. It is, I believe, the greatest exercise for developing the biceps of the thigh. It will be little trouble to have this apparatus made as shown in the illustration. Show this to any good mechanic and he can make you one.

It will be necessary to have an assistant place the bell into the holders after you have turned over on your abdomen and are ready to perform this exercise. It will not be necessary to bring the legs any further than to perpendicular. Lower slowly and repeat.

Inhale while raising weight, exhale lowering.



EXERCISE 12.

(*To develop Triceps, Deltoids, and Pectorals*)

Hold light bar-bell at the chest as in Figure 1, with feet firmly planted on the floor. Push bell smartly forward and back to chest. Then turn bell to a slight angle as in Figure 2, and push forward smartly again bringing bell back to the chest. Each time the bell goes forward turn to a sharper angle until, in five movements, the bar is perpendicular as shown in Figure 3.

Inhale when pushing forward, exhale returning to chest.

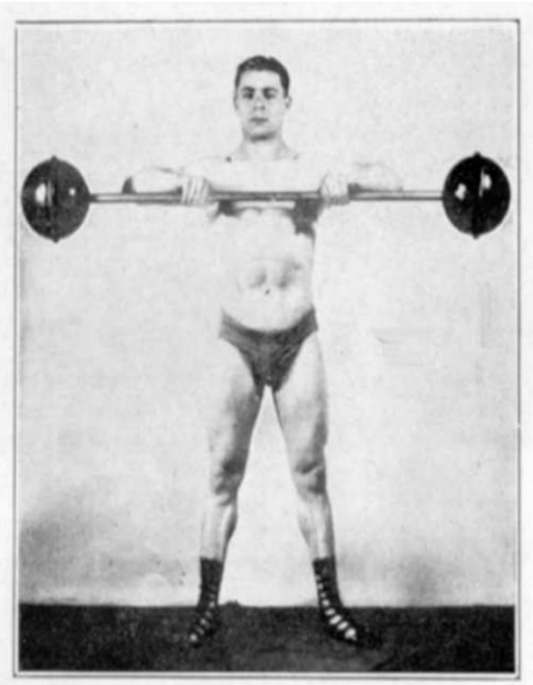


FIG. 1.

"The stronger the body the more it obeys, the weaker the body the more it commands."

FIG 2.

"The glory of a man is his strength."

FIG. 3.

EXERCISE 13.

Two-Arm Swing

(General Developing Exercise)

Grasp dumb-bell firmly with left hand over right, keeping legs straight at the knees (Figure 1). Swing bell from floor overhead with straight arms (Figure 2). Keep eyes on centre of bell. Lower to starting position and repeat. Keep bell in motion during entire exercise and do not allow the arms to bend or the weight to touch the floor.

This exercise may also be done with one arm.

Inhale on swinging up, exhale coming down.

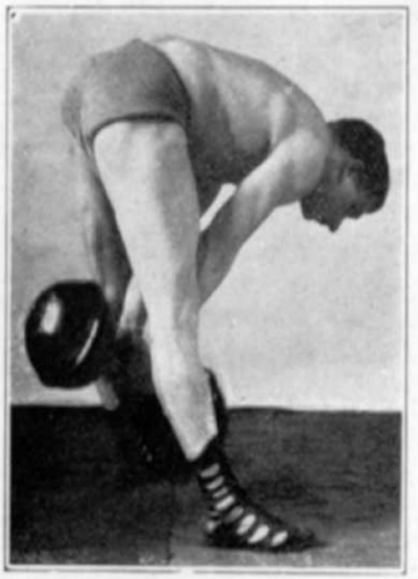


FIG. 1.

"The wise for cure on exercise they depend."

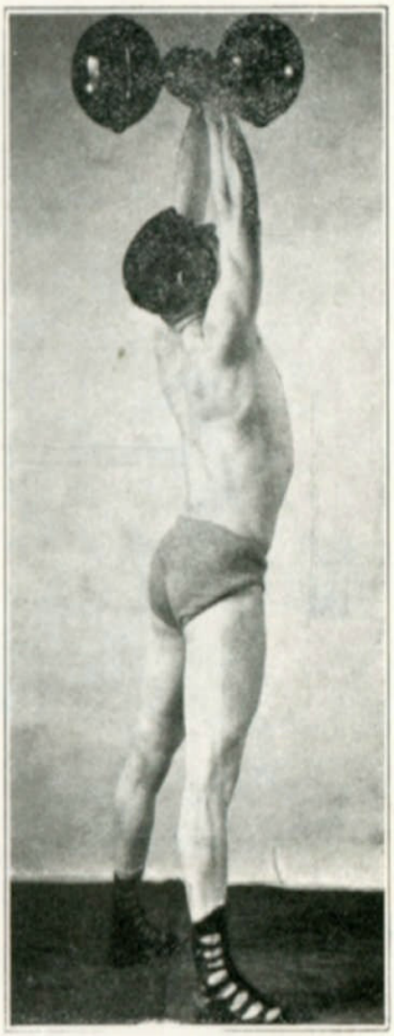


FIG. 2.

EXERCISE 14.

"Tiger's-Bend"

This exercise should be practised by all athletes who wish to excel in the "Two Arm Press" lift. It is through this exercise that I have created a world Arm Press," at a body weight of 147 lbs. It will be necessary for record of 220 lbs. in the "Two you to be able to do a hand stand fairly well before commencing this exercise. From position in Figure 1, lower the body slowly until the elbows touch the floor (Figure 2), swaying the body slightly forward, press up to starting position and repeat.

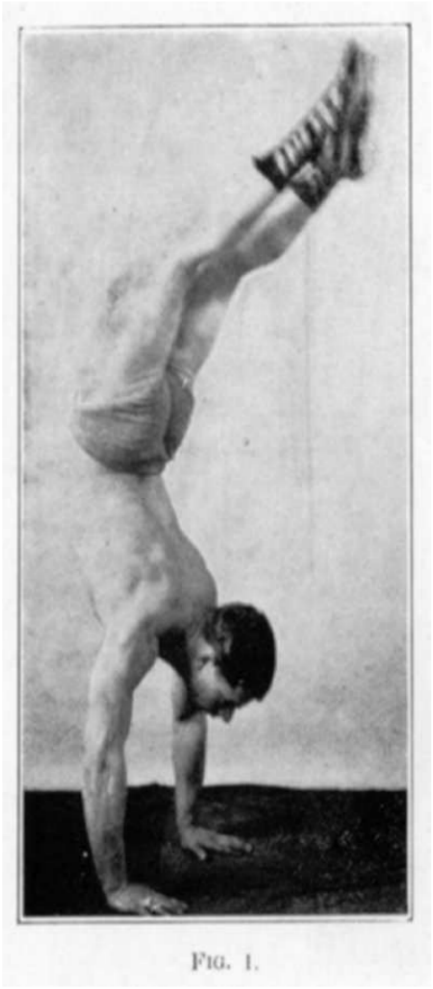


Fig. 1.

“Strength is first, last, and at all times the ability to do things.”

FIG. 2.

SPECIAL EXERCISES.

In addition to my bar-bell work, I always practise these special dumb-bell exercises. They develop and tone up certain muscles in a way that no regular bar-bell exercises do.

SPECIAL EXERCISE 1.

Holding dumb-bells at the sides as shown in Figure 1, raise them sideways to slightly above horizontal, keeping the arms straight as in Figure 2; lower slowly and repeat.

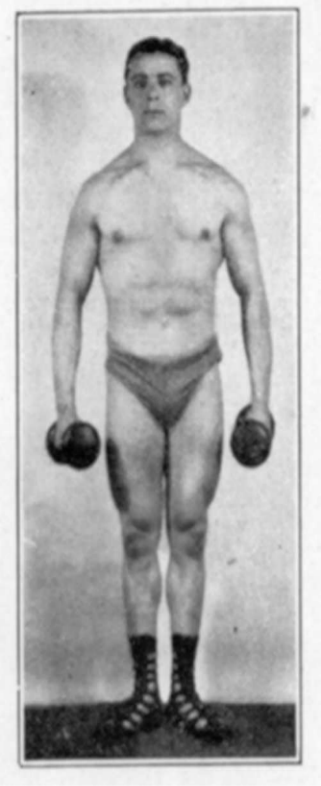


FIG. 2.

“Health is wealth.”

SPECIAL EXERCISE 2.

Holding dumb-bells at the sides as shown in Figure 1, raise them slowly forward all the way up as in Figure 3; now turn them so that the backs of the hands are toward each other. Keeping the weights as far back as possible, lower slowly sideways to starting position.

FIG. 3.

“All the medicine in the world will not take the place of exercise.”

SPECIAL EXERCISE 3.

Lying on stool or bench as shown in Figure 4, and keeping the arms straight at the elbows and close to the body, alternate forward and backward movement of left and right arm.

Keep arms in motion throughout the exercise.

Fig. 4.

SPECIAL EXERCISE 4.

(To develop the lower abdomen)

Lie flat on back and place dumb-bell firmly between the feet. Raise legs to perpendicular as shown in Figure 5, then lower slowly back to the floor and repeat. Be sure to clinch bell as firmly as possible throughout the exercise. Better still, I would suggest strapping both feet and bell together.

Breathe in while raising, exhale while lowering.

FIG. 5.

STANDARD BAR-BELL EXERCISES

It is advisable to include and practise some or all of these "Standard Exercises" in your course of training.

1

"Two Arm Curl"

(For Biceps and Fore-Arms)

Stand erect with feet about twelve inches apart. Grasp bar-bell with the under grip, keeping the elbows at the sides of the waist. Slowly raise the bell to the chest, remembering to keep the elbows firmly at the sides, then lower slowly and repeat. Do not allow the body to sway.

Inhale raising, exhale lowering.

2

"Two Arm Press"

(For Shoulders, Back and Arms)

Grasp the bar-bell with the overgrip, hands about shoulder width apart. Bending the legs slightly at the knees, and keeping a flat back, with one movement pull the bar-bell from the floor to the chest. Advancing the left foot slightly press the bar-bell over head slowly, then lower to chest and repeat. Keep your gaze on centre of bar as it passes your eye-level. This exercise can also be varied by placing the weight on the shoulders behind the head and pressing from there.

Inhale pressing up, exhale lowering.

3

"One Arm Press"

(For Upper Back, Shoulders, Arms)

Stand with feet about 12 inches apart, grasp dumb-bell in right hand, pulling bell up to the shoulder, palm of hand facing front; carry elbow well back so that your back muscles feel the support. Keeping the legs straight at the knees and gaze on centre of bell slowly press the weight up over head, lower slowly until elbow is just a trifle lower than line of shoulder, and repeat. Always keep your fore-arm perpendicular.

Inhale raising, exhale lowering.

4

"Abdominal-Raise"

(*To Develop Abdominal Muscles*)

Lying flat on back with feet under edge of anything that will keep them down, hold weight at the back of the neck, rise to sitting position, then lower slowly and repeat. This exercise can also be done while sitting on a stool. Secure the feet under handle of heavy bar-bell and use another weight for the exercise.

Inhale lowering, exhale raising.

5

"Wrestler's Bridge" with Weight

(To Develop Neck Muscles)

Lie flat on your back with bar-bell a few inches from your head. Grasp the bell with the hands shoulder width apart, being sure it is balanced properly. Then pull it over face to the chest and press bell up to arms length. Bring the knees up so that the feet are flat on the floor and close to the buttocks, raise your hips so that only the upper back, neck, and feet are on the floor. From this position push your body up until the upper back rises from the floor and all the weight is supported on the soles of feet and the top of the head. From this position lower slowly until your back just about touches the floor, then rise up again and repeat. Keep the bar-bell in upright position throughout the exercise.

Inhale rising, exhale lowering.

6

"Pressing Bar-Bell on Soles of Feet"

(To Develop Underside of Thighs)

Holding bar-bell in same position as in beginning of "Wrestler's-Bridge," arms straight and perpendicular, bring the knees to the chest and place the soles of the feet under handle of bar-bell. Some athletes place the hands close together and place the feet outside of the hands, others place hands about 18 inches apart and slide the feet in between. Keep the feet about 12 inches apart. It is advisable to brace yourself by extending arms sideways on floor. Shoes may be worn when doing this exercise, although some athletes prefer to do this exercise barefooted. Press bell up till legs are straight. Lower knees to chest and repeat.

Inhale lowering, exhale pressing up.

GENERAL REMARKS.

- These exercises should be practised every other day.
- No exercises should be of less than 5 repetitions more than 20.
- Use good judgment about how much weight to use.
- Never exercise before or just after eating – wait at least one hour.
- Eat only good wholesome food. The mixed diet is the best diet.
- Take a bath after your “workout”. Don’t use cold water if it makes you uncomfortable.
- Make “Moderation in all Things” your motto.
- Don’t became a slave to bar-bells or physical culture.

BACK TO WEBSITE